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DISCOVER · ACHIEVE · BELONG

Woman killed as violence erupts amid heat wave

**Three unrelated
stabblings.** Incidents
include Winnipeg's
13th homicide



**SHANE
GIBSON**
shane.gibson@metronews.ca

A woman is dead and two men are in hospital after Winnipeg police were called to three separate stabblings in less than 48 hours this weekend.

Police are investigating the city's 13th homicide of the year after Lorie Maureen Bearbull, 37, was found stabbed in the 200 block of Salter Street around 4:15 a.m. Friday.

Bearbull was rushed to hospital in critical condition where she later died.

Police representative

Const. Eric Hofley said no arrests have been made, and homicide detectives are investigating.

Police have a man in custody in connection to the weekend's second incident, which saw a man stabbed multiple times after a fight broke out at a party in the 700 block of St. Joseph Street around 6:30 p.m. Saturday.

The victim is in stable condition and a 25-year-old man is charged with aggravated assault and possession of a weapon.

The third stabbing saw a man targeted seemingly at random in the West Alexander neighbourhood around 3 a.m. Saturday.

The 32-year-old victim and two friends were walking near Bannatyne Avenue and Juno Street around 3 a.m. when an unknown man confronted

Temperature a factor?

"These are crimes that often happen, as things escalate quite quickly and the weapons are often readily available."

Police spokesperson Const. Eric Hofley

them and stabbed the victim. The man was rushed to hospital in critical condition, but has since been upgraded to stable. No arrests have been made.

Hofley said the rate of violent crimes like stabblings often increase as temperatures climb.

"These are very difficult to predict and very difficult to prevent," he said. "These are crimes that often happen as things escalate quite quickly and the weapons are often readily available."



FINDING HIS CHILL SPOT

Two-year-old Sterling went headfirst into the cool water Sunday at the Forks Adventure Park splash pad, which officially opened as temperatures in the city went over the 30 C mark. Environment Canada says Winnipeg can expect temperatures in the high 20s, with plenty of sunshine for much of the week.

SHANE GIBSON/METRO



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Gas Station Arts Centre. Council OKs housing co-op rezoning

Longtime supporters of an Osborne Village theatre are celebrating a new era after city council approved expansion plans for the venue.

Last week council voted in favour of rezoning the property where the Gas Station Arts Centre stands at the corner of River Avenue and Osborne Street, from strictly commercial to residential mixed-use.

This will allow for the building of a housing co-operative to “reflect the richness and dynamism of the Osborne Village community,” said backers of the plan expected to begin construction next summer and end in late 2016.

“There are moments when the right group of people comes together with a real commitment to doing some-

thing special. This is one of those projects,” said Geoff Langen, board chair of the Gas Station Arts Centre in a release.

Local Coun. Jenny Gerbasi, said the plans are exciting.

“This is one of those projects that makes you happy to be a city councillor,” she said.

“Now that this has been approved by council, I am excited to work with the GSAC

and their partners on this project to see this dream become a reality.”

In addition to an 80-unit housing co-operative, the plans include a 20,000-square-foot, 300-seat theatre, an outdoor gathering plaza, a 5,000-square-foot commercial component and a parkade under the nine-storey-high building.

BERNICE PONTANILLA/METRO



Coun. Jenny Gerbasi METRO



Manitoba Progressive Conservative leader Brian Pallister is expected to comment on a Manitoba judge's decision last week that ruled the NDP did nothing wrong in increasing the PST without a referendum. SHANE GIBSON/METRO FILE

Court calls NDP tax hike legal

Tory lawsuit. Pallister and his party claimed government should have consulted voters

A Manitoba judge has dealt a blow to the provincial Conservatives, ruling the NDP did nothing wrong by hiking the provincial sales tax last year without a referendum.

The Tory party and its leader, Brian Pallister, filed the lawsuit following the tax increase, arguing it was illegal without consulting voters. The NDP government suspended the referendum requirement at the same time it introduced the tax increase.

The Conservatives argued in court last month

that the NDP was bound by its own legislation to consult the public first and violated the Charter of Rights and Freedoms by not doing so.

Justice Kenneth Hanssen disagreed and ruled the tax hike was legal.

Governments have the “constitutional authority” to make their own laws, he said. Whether a government chooses to enact a bill retroactively is a matter of parliamentary privilege and can't be overruled by a court.

In fact, Hanssen said, “any attempt to transfer legislative power with respect to a money bill away from the Legislative Assembly to the electorate is inconsistent” with Canada's Constitution.

“There is no constitu-

tional right to a referendum in Canada,” Hanssen wrote. “I am satisfied the Charter imposes no obligation on a government to implement a referendum or to maintain a referendum it has previously established.”

Pallister said he and party lawyers will review the ruling over the weekend and will comment early next week.

“We're disappointed. We're not disappointed so much for us as we are for all Manitobans who are opposed to the PST hike, and that's, I think, just about everybody,” Pallister told reporters late Friday afternoon.

The NDP government said it is not surprised by the ruling, adding it is “good news” for Manitobans. **THE CANADIAN PRESS**

Fringe Festival. Cancer, Jane Austen and friends recovering from a fallout

Metro Winnipeg and the CBC have partnered to bring you the best of the Winnipeg Fringe Festival. Here are three shows you should check out:

This Is Cancer

Leaving This is Cancer's presentation, my notebook had nothing scribbled in it. It was blank.

Blank because I was too busy laughing.

Blank because I was trying to stop from getting emotional.

Blank because I was in awe of Bruce Horak's gut-punching performance.

Without giving too much away, Horak plays the character of cancer personified. Clad in an absurd costume, he weaves his way through songs and stories from the perspective of the disease itself.

As it turns out, life isn't easy for a character cursed to kill the ones with whom it falls in love.

Cancer is a close subject for Horak, and his battered heart shines through this uplifting performance.

Hilarious, heartfelt, and uncomfortably close-to-home, This is Cancer is a provocative must-see. **ANDREW FRIESEN**

Promise and Promiscuity: A New Musical by Jane Austen and Penny Ashton

I mean it as a compliment when I say it can be difficult to tell where Jane Austen ends and Penny Ashton begins in her delightful solo show (a returning hit from last year's Fringe).

Her gentle parody captures Austenisms perfectly. There's the plucky heroine, the dashing suitor, the undesirable suitor, the family in distress, the snobbish elites, and the (spoiler, but no-not-really-spoiler alert) happy ending. To which Ashton (and songwriter Robbie Ellis) adds tunes, including a Beethoven-Bon Jovi

mash-up that's one of the show's highlights.

There's plenty of clever wordplay and comic characterizations. And yes, there are also corny jokes, shamelessly pandering local references, and slightly groan-y topical nods (our protagonist, Elspeth, is the secret novelist behind the hit pirate adventure 50 Shades of Arrrs). But Ashton delivers it all with such good-natured charm that it's impossible not to be won over by it. Plus, there's a genuine point to be made in looking back at Austen's heroines on how far we have — and haven't — come in gender equality.

But Ashton's play is — like an Austen novel — about a good story well told. And that, dear reader, is why I suggest you see it. **JOFF SCHMIDT**

Wolves > Boys

What could have been a cliché of friends trying to recover from a fallout is a lovely story of two young men grappling with friendship, life, and true raw emotion, in this well-written two-hander.

The audience is welcomed in from the opening moments, and travel with these young men on their journey. With only a word, the very first interaction between the two actors floods the space with a wealth of history between the two characters. The performers have a great chemistry together. They balance sparky dialogue with strong physical work, transforming the space and themselves almost magically.

This is a great production, and one I strongly recommend. **KENDRA JONES**

To read more reviews on the CBC's website, scan the QR code to the right.



Pro-Russia rebels take control of Malaysia Airlines crash site

Eastern Ukraine.

International concern growing over handling of bodies and integrity of evidence on the ground

Rebels in eastern Ukraine took control Sunday of the bodies recovered from downed Malaysia Airlines Flight 17, and the U.S. and European leaders demanded that Russian President Vladimir Putin make sure rebels give international investigators full access to the crash site.

U.S. Secretary of State John Kerry said Ukraine's separatists were to blame for the downing of the aircraft, adding there was "extraordinary circumstantial evidence" that showed Russia was almost certainly complicit in arming the rebels.

"There's a stacking up of evidence here, which Russia needs to help account for. We are not drawing the final conclusion

here. But there is a lot that points at the need for Russia to be responsible," Kerry said.

The key question of who controlled the collection of evidence at the crash site in rebel-held territory dominated the day's rapid-fire developments. International monitors say armed rebels have limited their access to the crash site and Ukrainian officials said armed rebels took the bodies away from their workers by force.

A wave of international outrage over how the bodies of the crash victims were being handled came amid fears that the armed rebels who control the crash site could be tampering with the evidence there.

Donetsk rebel leader Alexander Borodai said the bodies recovered from the crash site would remain in four refrigerated train cars in the rebel-held town of Torez, 15 kilometres from the crash site, until the arrival of an international aviation delegation.

The leaders of France, Germany and Britain issued a state-



A member of a local militia guards remnants of Malaysia Airlines flight MH17 during a visit by monitors from the Organisation for Security and Cooperation in Europe on Sunday in Hrabove, Ukraine. ROB STOTHARD/GETTY IMAGES

ment demanding that Putin make sure pro-Russia separatists in Ukraine give full access to investigators at the Malaysian plane crash site or risk the

ire of Europe.

The U.S. embassy in Kyiv issued a strong statement Sunday saying it has concluded "that Flight MH17 was likely

downed by a SA-11 surface-to-air missile from separatist-controlled territory in eastern Ukraine."

THE ASSOCIATED PRESS

Quoted



"The bodies will go nowhere until experts arrive."

Donetsk rebel leader Alexander Borodai, who said the bodies recovered from the crash site would remain in the rebel-held town of Torez until the arrival of an international aviation delegation.

Black boxes recovered

• Donetsk rebel leader Alexander Borodai said the plane's black boxes have been recovered and will be handed over to the International Civil Aviation Organization.

• Borodai insisted rebels had not interfered with the crash investigation.

Poll: Harper agenda out of touch with Canadians' concerns



NDP environment critic Megan Leslie speaks in the House of Commons on May 29. SEAN KILPATRICK/THE CANADIAN PRESS

Public-opinion research for the federal Finance Department suggests key government policies are out of step with Canadians' priorities, including the Northern Gateway project.

Members of focus groups consulted prior to the February budget had "little enthusiasm" for the proposed bitumen pipeline to the B.C. coast — even those who said they support the controversial project.

And among the 12 groups consulted — from Coquitlam, B.C., to Bridgewater, N.S. — the economy itself was not a top-of-mind concern.

Rather, the groups spontaneously raised education, health care, pensions and veterans as their key issues.

They also called for more processing and refining of Canada's oil resources at home, and to do so in a more environ-

mentally safe manner.

The findings of the January focus groups, commissioned from NRG Research Group, suggest the Harper government's central policy themes — trade and the economy, with an emphasis on energy exports — are resonating less with Canadians.

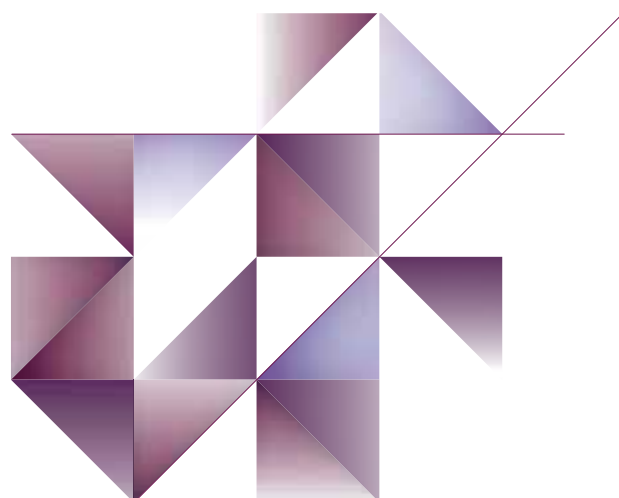
"There is little enthusiasm for the (Northern Gateway) project, even among supporters," says a Jan. 25 report on the

findings.

"Detractors worry about the environmental consequences in the event of a spill, particularly as a result of a tanker accident off the B.C. coast."

"There is an appreciation that increased market access for oil will be economically beneficial but there is still a desire to do so in a more environmentally safe manner."

THE CANADIAN PRESS



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Gaza hospital lights operations by cellphone, amid Israeli fire

Power cuts, supply shortages. Doctors have become masters of improvisation

In the heart of Gaza City, as its citizens again find themselves under fire from Israeli airstrikes and artillery, the wounded and their wailing families stream into Shifa Hospital without end.

Shifa, Gaza's largest hospital, has only an 11-bed emergency room and six operating theatres. Yet amid power cuts and among the screams of the bereaved, doctors at the 600-bed facility have become masters of improvisation, forced by the seemingly unending conflict engulfing the coastal strip to care for the wounded.

"If we are in the middle of an operation (and) lights go out, what do the Palestinians do?" said Mads Gilbert, a Norwegian doctor who has volun-

teered at Shifa on and off for 17 years. "They pick up their phones, and they use the light from the screen to illuminate the operation field."

The wounded from Israeli strikes usually arrive in waves. More than 3,000 Palestinians already have been wounded in the past two weeks of fighting, health officials say. Many, including the most serious cases, end up at Shifa.

A new wave of casualties arrives after daybreak Sunday, following a night of heavy Israeli tank fire on Gaza City's Shijaiyah neighbourhood. Hospital guards shout at drivers to move to make room for the next vehicles, pushing back journalists and onlookers.

Some of the wounded get treated in a hallway near the emergency room. A medic bandages the foot of an emergency worker writhing in pain on a mattress on the floor. A little boy with shrapnel wounds arrives and the emergency worker slides off the



Mads Gilbert, a Norwegian doctor who has volunteered at Shifa on and off for 17 years, treats a patient at the emergency room of the Shifa hospital in Gaza City on Wednesday. KHALIL HAMRA/THE ASSOCIATED PRESS

mattress to the hard floor for the child.

Dr. Jihad Juwaidi says his six operating rooms filled up quickly and that even the seriously wounded have to wait for surgery, including a little

girl with a fractured skull.

Choosing who gets treated first is gut-wrenching, says Dr. Allam Nayef, who works in one of Shifa's intensive care units.

"Sometimes you have to select which one of them has the

best chance to survive," Nayef says. "Easily in this rush, you can take a bad decision, that the one (patient) you thought will wait for you ... you won't find him when you finish your surgery." THE ASSOCIATED PRESS

Banned protest

French youth clash with police

Pro-Palestinian French youth defying a ban on a protest against Israel's Gaza offensive clashed with police Sunday, setting fire to cars, pillaging stores and throwing stones in a Paris suburb.

Police, backed by a helicopter overhead, responded with tear gas and shots from non-lethal guns during hours of unrest in the northern suburb of Sarcelles, home to a large Jewish community.

The unrest was the second time in two days that pro-Palestinian demonstrations in France turned violent. The demonstration, like the one in Paris on Saturday, had been banned to ensure peace.

France has Western Europe's largest Muslim and Jewish populations, and crises in the Middle East, like the one triggered by the Gaza offensive, often spill into France. THE ASSOCIATED PRESS

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Just don't kiss it ... the prince would be huge!

A 22-metre-high golden fabric frog is displayed at Yuyuantan Park on Saturday in Beijing. The frog is based on the golden frog, which symbolizes lucky culture and is thought to bring wealth and fortune in Chinese traditional culture. The exhibition will last until Aug. 20. CHINA FOTOPRESS/GETTY IMAGES

What marketing and shark scares have in common

An online video hoax of a shark in Lake Ontario that caused real-world consternation this past week demonstrates the attention-grabbing risks marketers are taking in an increasingly media-fractured universe, experts say.

The problem, they say, is that efforts to stand out from the crowd via "prankvertising" can easily backfire.

"Until you've done something, you can't really say, 'OK, maybe that wasn't the smartest idea,'" said Stephen Morgan, former creative director with MR.G in Toronto. "There is definitely no rule book."

It was only on Wednesday — six days after the YouTube video surfaced, frightened



A screenshot of the YouTube video. THE CANADIAN PRESS

some lake users and sparked safety concerns that ultimately reached the Ontario legislature — that Discovery Canada admitted the finned creature was a lifelike model. The idea was to create some buzz for a TV series on real sharks, not cause terror, Discovery Canada president Paul Lewis said by way of an ex-

planation.

"There was no anticipation on our side to cause any kind of fear or upset at all," Lewis said.

Some observers were skeptical. Morgan, who doesn't think the ad will mean a spike in viewership for Discovery, said creative talent at ad agencies aim to be "disruptive" and that in his opinion, "You can bet the (Discovery) creatives hoped for that, even if they downplayed it to the client. Shame on agencies for selling this kind of stuff."

Jeremy Robinson, creative director with Toronto-based Jar Creative, said engineering a viral video without provoking anger or upset is difficult.

THE CANADIAN PRESS

It may be time to burst your bubble



HOW TO ROLL
Alison Griffiths
metronews.ca

You would think that Canada's housing market was the champagne industry — there's so much talk of bubbles. For the past couple of years it's been bubble this and correction that. Yet the market keeps, well, bubbling up, at an annual rate of 4.4 per cent to the end of May 2014.

However, FitchRatings last week stated that Canada's real estate market was 20 per cent overpriced, while the Morningstar rating agency predicted that a 30 per cent correction could happen over the next few years.

What can you do to protect yourself? Here are some suggestions:

Landlords: An easing in

prices, combined with continued low interest rates, is a homebuyer's perfect dream. A deep correction of more than 20 per cent is heaven itself. Should it come to pass, renters who are waiting and hoping for their chance at home sweet home will buy and the rental market will soften as vacancy rates climb. Landlords should stay on top of maintenance in order to keep their units as attractive as possible and stash cash just in case vacancy rates soar, leaving units empty.

Homeowners: Avoid a home equity line of credit because these are based on the property's value and may be reduced or eliminated when the mortgage term is up. If you must borrow to pay for essential repairs, consider remortgaging now if fees and penalties are not significant.

Prospective buyers: Don't. At least, not yet. Yes,

if prices continue to defy the sky-is-falling predictions, you may end up paying more. But having a bigger down payment could more than compensate and protect you from the impact of higher interest rates.

If real-estate money is burning a hole in your pocket, be a vicarious owner. Choose a low-fee exchange-traded fund (ETF) that tracks an index of Real Estate Investment Trusts (REITs) and is diversified among commercial, industrial and residential real estate.

My favourite REIT ETF is the BMO Equal Weight REIT (ZRE) because it is a little less concentrated in three of the biggest names: RioCan, Brookfield Office Properties Inc. and H&R REIT. The other two options are iShares S&P/TSX Capped REIT (XRE) and Vanguard FTSE Canadian Capped REIT (VRE).

New regulations

Mechanically tenderized beef to be labelled

Canadian shoppers will be able to see if the beef they're buying has been mechanically tenderized. Labelling regulations to take effect Aug. 21 are designed to protect consumers after a huge meat recall two years ago.

Health Canada says beef that has been mechanically tenderized must have a sticker saying so.

THE CANADIAN PRESS

The buzz on pollinators

All eyes on Newfoundland as honeybee haven

Newfoundland's healthy honeybees are an increasing draw for researchers in the race to understand why colonies across much of the globe are struggling or dying off.

"There is definitely interest in what's happening here," said Dave Jennings, a director with the provincial Natural Resources department.

Honeybees are crucial pol-

linators for fruit, vegetables and other crops. But stressors blamed for decimating hives around the world include invasive parasites such as the Varroa destructor mite, climate change and the use of pesticides. There are no recorded cases of Varroa in Newfoundland, and the absence of massive corn and soybean farms means pesticides harmful to bees are hardly used, Jennings said.

The Canadian Honey Council has estimated that the bee population across the country has dropped by about 35 per cent in the past three years.

THE CANADIAN PRESS

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!

I arrived at the office this morning to a scene of beeping computers, upset employees, and weird messages scrolling across our computer screens. The only thing I understood is that we had lost all access to our data from a virus attack. We could either pay criminals a huge ransom within the next 72 hours or watch as our business data was destroyed. I was bewildered how this could happen, I thought I had paid for antivirus protection. My Employees were starting to worry, and creating horrible rumors. I was just as confused as they were, I didn't know enough about what was going on to calm them down. What I did know is that if all our company data was lost we would be forced to close our doors. Thankfully we chose Corey's as our service provider, and they were able to restore all our files and in a matter of hours we were back up and running. Corey's really saved my bacon, thank goodness! From now on Corey's is my first line of defense when it comes to ALL our IT needs.

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WHAT ARE THE HOPEFULS HIDING?

If you listen to what the candidates have said so far, this year's Winnipeg mayoralty race is about trust, integrity and transparency.

After several years of questionable back-room deals that have generated a handful of critical external audits, the candidates all claim they'd open up city hall to citizens and get rid of the culture of secrecy. That sounds great, but why aren't they applying the same standard to their own campaigns?

Want to find out who a candidate's campaign manager, strategists or key supporters are? Good luck, because you're not going to find that information in their campaign brochures or on their websites. Some candidates have even refused to share that information when directly asked by media. And how about donors? Who is really paying for the campaigns of the people who want to be our next mayor? Under the city's current practice, any donors over \$250 won't be disclosed until audited financial statements



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

for every campaign are released next summer, long after the vote.

Given that much of the criticism surrounding city hall these days is about a small group of people who appeared to get preferential treatment or unfair access to information, you'd think candidates would want to lay all their cards on the table right now.

Is Judy Wasylycia-Leis's campaign being organized and financed by Big Labour and the NDP? Is Brian Bowman really getting any more support from Big Business than other candidates? And just who's running the show for Paula Havixbeck and Gord Steeves, anyway?

Voters deserve to know who the power is behind the power. Rather than doing the bare minimum, candidates have options to make their campaigns more transparent. They can share the names of those holding important campaign positions. And there's nothing

Show your donors

Voters deserve to know who the power is behind the power.

ing stopping them from publishing the names of all donors (or at least all donors over the \$250 limit) online as the money comes in.

This tactic was used by Naheed Nenshi when he first ran for mayor of Calgary in 2010. In fact, donors were so eager to show their support for Nenshi that they'd call the campaign office to complain if their name wasn't added to the public list soon enough. Winnipeg's self-proclaimed "transparent" candidates should follow Nenshi's example, and then move to make transparency a focus of changes to the campaign contributions bylaw following the election.

In a big small town like Winnipeg, it's often who you know that helps get you ahead. So Judy, Brian, Paula, Gord, Robert and Mike ... who do you know?

THE OLD MAN AND THE KEY



Wally Collins, second from left, is congratulated after beating 130 other men to be crowned the 2014 "Papa" Hemingway Look-Alike Contest winner at Sloppy Joe's Bar in Key West, Fla. Collins, a Phoenix, Ariz., resident, won the title on his sixth try. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

The son also rises, but it's papa for the win in Hemingway look-alike contest

A white-bearded Arizona restaurateur has won Key West's annual "Papa" Hemingway Look-Alike Contest on his sixth attempt.

Wally Collins of Phoenix triumphed over 130 other entrants, including his son Matt Collins, late Saturday night at Sloppy Joe's Bar. The bar was a favorite of Ernest Hemingway during the 1930s. Competitors in sportsman's attire paraded before a

judging panel of former winners during two preliminary rounds and the finals, trying to prove their resemblance to the real Hemingway.

Collins, who also has researched the role concussions may have played in Hemingway's 1961 suicide, said he admired Hemingway's ideals and taste for adventure.

"I didn't have as many wives as he had, and I have a lot more children and grandchildren, but there are a lot of things that he stood for that I really like," Collins said. Hemingway was born on July 21, 1899.

THE ASSOCIATED PRESS

Hemingway Days

The contest is a highlight of the annual Hemingway Days celebration honouring the author who lived and wrote in Key West from 1931 to '39.

- His home in the Florida city, where he wrote *For Whom the Bell Tolls*, is now a museum.
- The festival also includes a short-story competition directed by Ernest's granddaughter, Lorian Hemingway, and a spoof on the running of the bulls in Pamplona, Spain.

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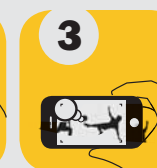
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MetroTube

Man 'lucky' to be hit by mattress truck



ANDREW FIFIELD
andrew.fifield@metronews.ca

In this space last week, we showed you a pretty scary accident that ended with a motorcyclist being thrown onto the roof of a vehicle after being rear-ended by another. Happily, he avoided serious injury.

More lucky is this gentleman, who found himself sideswiped by a truck while riding in Brazil — because if not for the cargo it was hauling, things could have been much worse. (EpicBulbTV Viral/YouTube)



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Ebooks



Seconds

By. Bryan Lee O'Malley

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Katie is a chef so drawn to the control of her kitchen that she's made her restaurant her home. She becomes tempted to replay her life when mysterious forces test her destructive impulses. The creator of Scott Pilgrim is on fire again with imaginative, dream-like visuals, likeable characters, and a tricky time-travel story masterfully told for a compulsive read.

Box office

Apes rule movie jungle, once again

Dawn of the Planet of the Apes topped the box office for the second-straight week. **THE ASSOCIATED PRESS**

The Dirty Heads' summer bumummer — gone too soon

Sound of Change.

New album heavy on reggae-rock vibe with a song detailing a short-lived summer romance

CHRIS CARPENTER

Metro in New York City

With August fast approaching, SoCal rockers Dirty Heads express their bittersweet qualms with the fleeting nature of the season on *My Sweet Summer*, the lead track from their fourth studio album, *Sound of Change*.

"I was doing a writing exercise where I was writing songs for other people and sending them out. Kenny Chesney and I were shooting emails back and forth, so I had started this country-ish, reggae-ish song," Jared "Dirty J" Watson, lead singer of the Dirty Heads, says about the early inception of *Summer*.

Chesney — arguably country music's reigning king right now — is a self-proclaimed super-fan of the Dirty Heads.

"I think country music is great; it's hilarious. I love the storytelling aspect," Watson says. "For somebody like Kenny Chesney to have touched so many people and have so many fans — obviously he's doing something amazing. For him to play our music before



Jared Watson and Dustin Bushnell of the band The Dirty Heads. GETTY IMAGES

his shows, that's just really cool. It's crazy. That whole 'barefoot, sand, Coronas' vibe that he brings is like the coun-

try version of us. He's a very cool dude."

Of course, *Summer*, the way the Dirty Heads play it, doesn't

AUGMENTED REALITY

→ Scan this photo with your Metro News app to hear how the Dirty Heads transformed *My Sweet Summer*!



→ See the full instructions on Metro's Voices page.

exactly sound like a country tune. Inspired by the escape of summer — both literally and figuratively — Watson crafted the song around the departure of a summer romance.

"When the idea of 'my sweet summer is gone' came and we [the band] nailed down the idea and the gist of the story that we wanted to tell, it was just about painting a cool picture. We knew that we had something special," says Watson.

"[Surf culture] tied into our music very heavily in the beginning. Now ... I think that this band is a lot more international and worldly," says Watson. "I think our new album is a little broader. It's so heavy on that reggae-rock vibe. It's something new."

Long past their days of crawling the country in a van, the band are currently on tour with Pepper and are playing select dates with 311.

2 SCENE

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08

DISH

metronews.ca
Monday, July 21, 2014

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Aguilera party finds new meaning for birthday cake



STARGAZING
Malene Arpe
scene@metronews.ca

An American attempts to claim 800 square miles of land in Northern Africa so that his daughter can be a real princess. "Whatever," says Veruca Salt.

Ariana Grande's Nickelodeon show Sam & Cat is cancelled. I don't understand all of those words, but I do know it sucks when my cat knocks over my grande latte, so condolences?

Blake Lively is launching a lifestyle website called Preserve. It will feature 1) Canning tips. 2) Essays on conservation of heritage buildings. 3) A tribute to the Preservation Hall Jazz Band. 4) A screed against Butylated hydroxyanisole and L-cysteine. 5) Cute pictures of expensive shoes.

Marvel Comics introduces female Thor. Space does not allow me to elaborate on the sexist weirdness of a "strong female character" having to spring from a long-established male character,

so I'll just say "blergh." Also, the only time Thor transformed into a woman was when he went to Jotunheim to trick the giant Thrym into returning his hammer by pretending to be Freya and Loki said (that's more than enough. - ed.)

Sotheby's and eBay are teaming up for live online auctions. Thus finally bringing together moneyed socialites and collectors of old safety pins, antique photos of people who aren't their relatives and rusty street signs.

Lindsay Lohan promises to behave when she stars in Speed-the-Plow in London. "How crazy would I be," she asked, "jeopardizing my chance to spend 10 weeks doing speed?"

Christina Aguilera's baby shower reportedly featured a cake that had as decoration a woman on a rug birthing a baby whose head was "poking out". That explains the new Slimband slogan: "Almost as good at completely destroying your appetite as accidentally attending Christina Aguilera's baby shower."

Christopher Walken will play Captain Hook in NBC's live broadcast of Peter Pan. He's already practicing how to best keep the hook from constantly getting caught four inches under his arms in his waistband.



Gwyneth Paltrow

You can cure your kid with food, so says Paltrow

Fear not, parents. Gwyneth Paltrow is back with more excellent lifestyle advice, this time about what you're feeding your kids. Paltrow took to her Goop soapbox to extoll the virtues of the new book Cure Your Child with Food, by Kelly Dorfman, that suggests a lot of recurring ailments

could be due to what your kids are eating. For instance, too much dairy is likely the cause of chronic ear infections, and a zinc deficiency can lead to a general "failure to thrive." And really, isn't preventing any failures in the thriving department what Goop is all about?



Burt Reynolds

Alimony woes for Burt Reynolds

It's been more than 20 years since Burt Reynolds and Loni Anderson got divorced, but they're still ironing out the financial details. It seems that, according to TMZ, when Reynolds paid Anderson the \$234,794 in alimony and child support they'd agreed

upon, he left out a spare \$97,000. Easy mistake to make. So Anderson went to court earlier this year and got a judge to order Reynolds to pay up, and thanks to interest that figure is now \$154,520. Your move, Burt.

Twitter



@samantharonson

Twitter Tourette's Syndrome is not a thing. You signed on, typed it up, hit send. Own it.



@lenadunham

My favorite part of having a cold is probably the sweaty, unyielding dreams that my family and friends have abandoned and ostracized me <3



@SarahKSilverman

I have Angelina Jolie's lips, it's just that they're in my underpants

Do your rating credit. Check it

On file. Everything you ever wanted to know — and maybe a few things you didn't — about your credit history and why you should keep an eye on it



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Have you checked your credit file recently? You should.

Your credit file contains a listing of debit and credit payments and it includes public record information about how promptly you've paid bills, along with all the yucky stuff like collections, judgements and bankruptcies.

Typically credit agencies will keep a record of accounts that were paid and have no negative history for up to 20 years or for as long as you have a relationship with the company with which you did business. If you cancel an account, the credit agency has no way of maintaining a current and accurate credit file so they often delete credit information. That's why when you cancel a credit card the credit history that goes with it disappears. If you have a long history with a credit card supplier and want to stop using that card, cut it up but don't cancel the account until you've established a credit history on a new card.

Most people don't realize that when a business makes an inquiry — when it checks your credit — that inquiry not only affects your credit score, but it stays on your file for one to six years depending on the type of inquiry.



It's up to you to check and make sure there are no inaccurate reports in your credit file. ISTOCK

Annual credit check-up

Check your credit files at least once a year to ensure the information is correct.

- Send a written request to one of the two major credit bureaus in Canada: Equifax Canada Inc. or Trans Union of Canada Inc.

- More information can be found online at equifax.ca and transunion.ca.

- There is no charge for this service if you ask for your record by mail.

Some credit-reporting agencies report the lenders' rating of each of your credit history items on a scale of 1 to 9. A rating of "1" means you pay your bills within 30 days of the due date. A rating of "9" means that you never pay your bills at all or that you have made a consumer debt repayment proposal to the lender. A letter will also appear in front

of the number: for example, I2, O2, R2. The letter stands for the type of credit you are using.

"I" refers to an installment loan, such as for a car loan, where you borrow money once and repay it in fixed amounts, on a regular basis, for a specific period of time until the loan is paid off. "O" refers to open credit such as a

line of credit, where you borrow money, as needed, up to a certain limit and the total balance is due at the end of each period. "R" refers to revolving credit, on which you make regular payments in varying amounts depending on the balance of your account, and can then borrow more money up to your credit limit. Credit cards are revolving credit.

If you've mucked up your credit, know that the record of your financial indiscretions will remain on your file for all who inquire to see for up to six years after you diddled around and defaulted on the account.

If you go through a debt repayment program, like one offered through credit counseling, the record will be removed from your file two years after you finish paying off your agreed upon amount,

or six years after you defaulted on the account, whichever comes first. If you do a consumer proposal, the proposal and all accounts reported as satisfied through the proposal are removed from your file three years from the date you satisfied the proposal.

The amount of time a bankruptcy stays on file is dependent on where you live. Typically, if you live in B.C., Yukon, N.W.T., Nunavut, Alberta, Saskatchewan, Manitoba or Nova Scotia, the record will stay in place for six years from the date of discharge. In Ontario, Quebec, New Brunswick, P.E.I. and Newfoundland and Labrador, it stays on record for seven years from the date of discharge. However, if you've gone bankrupt more than once, each will remain on your file for 14 years from the date of discharge of each bankruptcy.

If you get a judgement against you, the same rules apply as with bankruptcy except for P.E.I., which keeps the record on file for ten years.

If you've been sent to collections, the record will be removed from your file six years after the date you defaulted on the account with the original creditor.

So if some collector calls you up after six years and says they're trying to collect on the debt, they have no recourse and you can blow 'em off. Your record is clear.

The longer you exhibit good credit behavior by paying your bills on time and managing your credit wisely, the more your credit rating will improve, until you once again achieve a favorable credit rating. And if you've got a good rating that's been marred by inaccurate reporting, it's your job to fix it.

Love or lust? Eyes will tell

Does your date see you as a potential soul mate or an object of lust? Gaze patterns — more specifically where he or she looks — could help you find your answer, according to researchers at the University of Chicago.

They say that glancing at the other person's body could indicate sexual desire, while focusing on the eyes and face is an indicator of love and such judgment reveals itself rapidly.

"Although little is currently known about the science of love at first sight or how people fall in love, these patterns of

response provide the first clues regarding how automatic attentional processes, such as eye gaze, may differentiate feelings of love from feelings of desire toward strangers," says lead author Stephanie Cacioppo, director of the UChicago High-Performance Electrical Neuroimaging Laboratory.

Co-author John Cacioppo, director of the Center for Cognitive and Social Neuroscience, says the study indicates eye tracking could be useful in the field of psychiatry and more specifically in couples' therapy.

AFP

Meta study

Practice will make you better — but perfect? Not likely

Researchers from Rice University, Princeton University and the University of Michigan teamed up to conduct a meta-analysis of 88 previous studies that debate the age-old question of whether practice makes perfect, concluded that although practice is unlikely to make perfect for all but a select few, it will improve anyone's game. **AFP**



ISTOCK

Be at om with others

Namasté social anxiety away

Researchers at Queens University challenged the common association of yoga and other exercise-based relaxation activities with relief from tension, stress and anxiety, concluding they can be beneficial to those with social anxiety.

The study found such activities are quite literally able to change people's perception of the world, reducing threatening and negative feelings. **AFP**

Battle of the sexes

Let's talk about who does it more

Researchers from Northeastern University in Boston attacked the stereotype that women are more talkative than men, finding that different group settings yield different results. "It's a very particular scenario that leads to more interactions. The real story here is there's an interplay between the setting and gender which created this difference." **AFP**

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Money 101. Two couples, one year to make them richer

Never been so happy — and so rich



Since January, two Canadian couples have taken on the challenge to completely change their financial future. Together, we have worked on budgets, debt reduction, retirement planning, home-buying and financial planning. Both couples have risen to the challenge and have collectively improved their net worth by more than \$50,000. Follow @LesleyScorgie and cheer these couples on as they work to achieve their goals. — *Lesley-Anne Scorgie*



Anne-Marie's and Peter's cash flow has decreased lately as the couple deals with nursing challenges. SHUTTERSTOCK

Anne-Marie and Peter

Parenting has brought Anne-Marie and Peter tremendous joy this past month, despite a few feeding and sleeping challenges. Adding to their glee is a growing bottom line. In particular, a strengthening stock market has contributed to a large increase in the value of Anne-Marie's defined benefit pension — more than 25 per cent since January. While on parental leave, she will continue to participate in her plan, adding to the value, but this will eat into the couple's maternity budget.

Anne-Marie's and Peter's cash flow has taken a bit of a hit lately as the couple deals with nursing challenges. The cost of feeding consultants and prescriptions has totalled close to \$1,000, but Anne-Marie, in particular, feels the issue is nearly resolved. To afford these medical expenditures, the couple paid \$1,000 less toward their debts this past month and will keep their receipts for tax time as they may qualify for tax credits. Overall, these unexpected expenses have reinforced the need for building emergency funds going forward.

For the remainder of the year, the couple will endeavour to become debt-free. They still owe \$5,200 on their low-rate credit card and \$2,800 on their vehicle loan. Spread

Anne-Marie and Peter recap

- | | |
|--|--|
| • Location: Toronto | and are committed to paying off debt |
| • Ages: 37 and 33 | |
| • Occupations: Broadcasting and sports editing | • Rent or own: Rent |
| • Total household income: \$110,000 | • Top goals for 2014: Pay off debt; start an RESP; and start saving a down payment |
| • Life stage: First child arrived in May | • Current net worth: \$93,850 |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, | • Homework from last month: Evaluate balanced investments and plan to set up an RESP |

equally over the next five months, that's approximately \$1,600 per month. The challenge will come when Anne-Marie's parental leave "top-up" from her company ends in October. So they are making hay while the sun is still shining.

Due to a high volume of new parent commitments, the couple is yet to set up their daughter's RESP, so this is the first part of their homework this month.

At the same appointment with their investment adviser, they will also be choosing different and better suited investments for their RRSP

portfolios. Anne-Marie and Peter are still interested in low-fee mutual funds suited to their medium-risk investment profiles due to the fact these funds are professionally managed and offer an opportunity for diversification. Once their investment acumen improves, they will consider more traditional investments like stocks and bonds.

Homework:

Anne-Marie and Peter will set up their daughter's RESP and change their investment holdings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina and Jose are looking forward to decorating their new townhome. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose have officially settled into their new townhome and credit three reasons for why they are so happy.

First, for the first time in their lives, they have a forced mechanism to save money through building equity in a home they own. Through bi-weekly mortgage payments of approximately \$590 and a five-year, fixed rate of 2.99 per cent, a huge chunk of Carolina's and Jose's payments are going toward equity rather than interest.

Second, their home is theirs to do with as they wish. They have been dreaming about what features, such as paint and light fixtures, they would eventually like to upgrade.

But before they get ahead of themselves, Carolina's and Jose's homework is to create a list of what they would like to improve, by when and the cost. This will help balance out their home improvements so they give themselves enough time to save up rather than charge to their credit card. Luckily, they have already been able to avoid one meaty home maintenance item — a new water heater, which was replaced by the former owner.

Third, their three girls are adjusting well and making new friends — a priceless benefit.

This month, the couple is

Carolina and Jose recap

- | | |
|---|---|
| • Location: Calgary | home, are very frugal and have no retirement savings |
| • Ages: 33 and 32 | |
| • Occupations: Stay-at-home mom and safety co-ordinator | • Rent or own: Own |
| • Total household income: \$62,000 | • Top goals for 2014: Pay off debt; buy a house; and visit family |
| • Life stage: Three daughters aged five, three and one | • Current net worth: — \$6,500 |
| • Financial savvy: Medium — they have established a budget, purchased a | • Homework from last month: Work through their 60-day new homeowners' checklist |

shifting gears toward their next great financial challenge — debt repayment. They owe \$6,800 on their line of credit and make payments of \$100 per month. They also owe \$14,700 in student loans, of which they pay nothing toward due to relief through a student loan payment assistance program.

Their debt repayment plan starts with a revised budget, taking into account their new home and an understanding of how much they can afford to pay each month. Thus, Carolina's and Jose's second homework item this month is to revise their budget.

To further reduce their debt, Jose is considering selling his 15-year-old car and putting that money toward their debts.

He no longer needs his vehicle because his work supplies him with a truck.

Ideally, the couple wants to strike a balance between becoming debt-free while sprucing up their new pad.

Homework:

Carolina and Jose will create a list of home improvements and a revised budget.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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Post to present: A new era of etiquette

Post with the most.

A family business built on a foundation of good form

LAKSHMI
GANDHI

Metro World News

Emily Post made a name for herself in the early 1900s as a world-renowned expert on etiquette and manners, advising readers on everything from making polite conversation to the right way to host an afternoon tea. Several generations later, her descendants are continuing her legacy with a 21st century twist — by advising people on life in the digital age.

The family has just released the third edition of their book Emily Post's The Etiquette Advantage in Business.

While it's been less than a decade since the last book was released, the Posts say that because the business world has changed so rapidly in recent years, it can be tough to navigate it all.

"It's kind of unbelievable the leaps and bounds we have made in just the last few years and how much digital usage has increased," says Lizzie Post, Emily's great-great-granddaughter. We asked Post for her take on several modern social media dilemmas many of us face in the workplace.

To friend or not to friend?



Lizzie Post, great-great-granddaughter of Emily Post, is providing Ps and Qs training to today's professionals. HANDOUT

When it comes to Facebook, think hard about whether you want to add your co-workers. "While typically most of us have always bonded with our co-workers, it's really different today," Lizzie Post points out. "Previously, it was very controlled in what you allowed your co-workers to see [in your life outside of work]. But now you are not just letting them see your

photos, you are also letting them see the conversations you are having with other people."

Post notes that letting someone into your personal online space is a private decision and reminds everyone that they are in charge of the process. "You have to decide what works for you," says Post. "You can always tell a co-worker, 'I had to make a decision and I decid-

ed not to mix my work and personal lives.'"

Should you accept that LinkedIn request?

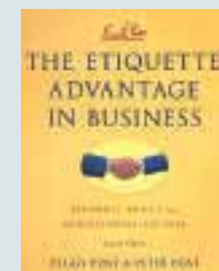
With the popularity of LinkedIn, it's common to get all sorts of connection requests from everyone from elementary school friends to your neighbours. "I don't respond to people on LinkedIn that I don't know well or that I haven't

worked with closely," says Post of her own personal policy. "For people like high school friends, unless I know your work, I decline the request."

What if you really don't want to write that LinkedIn recommendation?

"I don't recommend friends," says Post. "It's one thing to be friends with

Success on the screen



Ask yourself what impression you are making online

- "Google yourself," suggests Post to see what others see when they search for you. Are there public posts of you drinking or partying? Post says you may want to erase those, but that it's ultimately up to you to decide what's important to you. "Are you going to let your career dictate your online persona or are you the type of person that is going to say, 'No, this is who I am and I am going to find a position where this isn't going to matter?'" Post asks.

you, but that doesn't mean that I know how you work. With endorsements, it's a bit different. If I have seen your blog and have read your book, then I feel like I can do it."

Post says to remember that saying no is always an option.

'Round the world wisdom

How many chefs are in your life's kitchen?



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When I took on the Gobi, the scope of the project was too vast to take on on my own. The project's novelty forced me to solicit help in my preparation from those around me: my family, my colleagues, my social circle. While at first all of this advice was welcome, it rapidly got to be too much. I had too many chefs in my kitchen.

One of the first action items when taking on a major endeavour is to get oriented.

This means framing the data in order to build a plan. While this orientation requires the assistance of others, the challenge is knowing when we have enough data points to create the blueprint. Too

little information results in an ill-conceived plan; too much results in a state of paralysis and therefore inaction.

Three weeks into my Gobi preparation, my refrain switched from a novel, "Great idea, I'm doing it" to, "Thanks for sharing, there are many ways to prepare for this challenge and I have determined what is most effective for me."

We have all witnessed someone take on a challenge with a tangible risk of failure.

Those who take on limited accountability distance themselves if the challenge proves unsuccessful. In this case, the finger points at the collaborative process:

either others didn't come through, or they provided the wrong advice.

In the desert, however, I was left to my own devices.

Placing the burden of failure on an unnamed "other" would not get me to the finish line. Instead, I trained my thoughts toward collaboration, by hearing and considering others' opinions and ideas, but only listening to my own.

In the end, we are all the chefs of our own kitchens. While it takes a village to raise a child, one man's race begins with his first step alone.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.



Sometimes the sweetest dishes come from the solo chef. ISTOCK

Time to revive the plankling craze to give salmon a smoky flavour

Cedar Planked Salmon with Maple Glaze. This fish makes a perfect partner for the barbecue and contains healthy fats



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

When it comes to summertime cooking, the barbecue is the easiest, most enjoyable and social way to cook.

Salmon is my number one fish for the "barbie," but cooking it on a cedar plank is so much more flavourful.

You can purchase the thin wooden planks in your grocery store where fish are sold. Soak them in water for at least 20 minutes to prevent burning. For an alternative cooking option, feel free to bake your salmon in 425 F oven for 10 minutes per each inch of thickness.

I prefer to use organic salmon as a precaution against mercury and other pollutants that can be in our fish.

Salmon, a fatty fish, is an excellent source of omega-3 fatty acids. It's proved to be beneficial in the treatment of osteoarthritis, cardiovascular health and in decreasing the risk of macular degeneration.

The maple syrup sauce over top of the fish is addictive. I also use it over grilled chicken, pork or tofu.

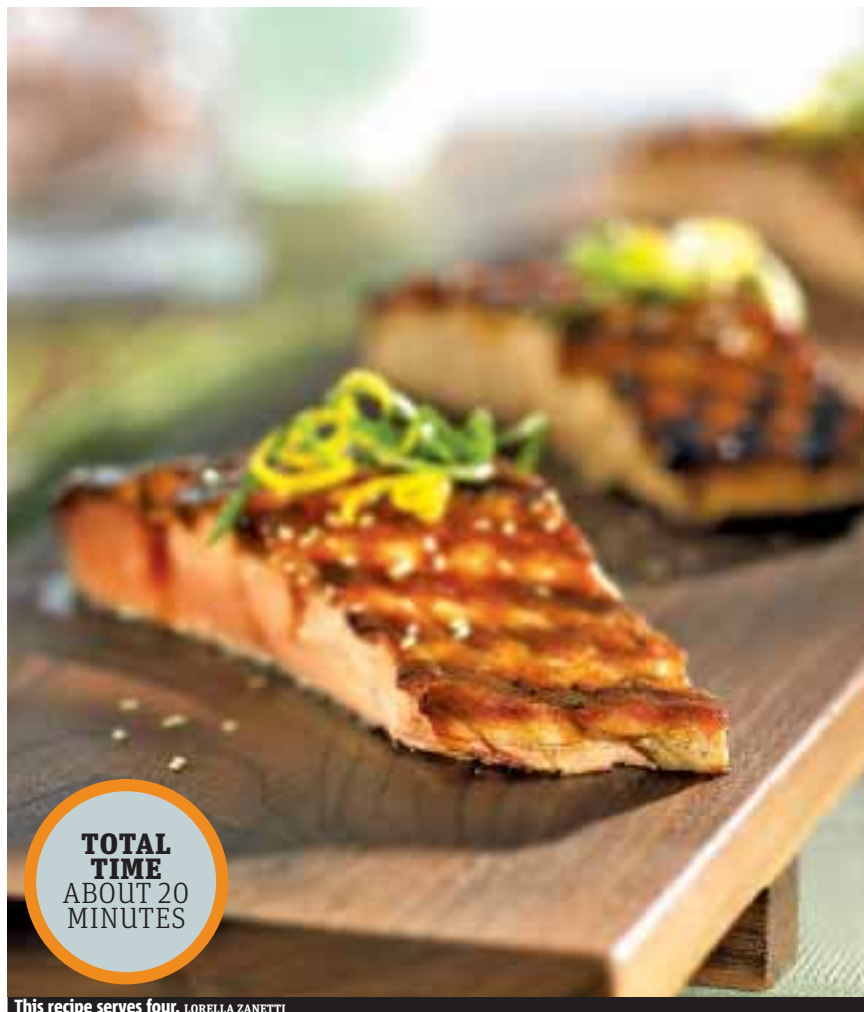
You can cook the sauce up to 3 days in advance and refrigerate. When you are ready to use it, reheat it in a small skillet over low heat just until it is warmed through.

Happy (and healthy) grilling!

Directions

1. Preheat your barbecue to 425 F and either spray a cedar plank or grill with vegetable oil.

2. Whisk the maple syrup, soy



**TOTAL
TIME
ABOUT 20
MINUTES**

This recipe serves four. LORELLA ZANETTI

Ingredients

- 1/4 cup pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- Four 4-oz skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

Nutritional information

Per serving

- Calories. 250
- Carbohydrates. 16 g
- Fibre. 0.3 g
- Protein. 24 g

- Total fat. 10 g
- Saturated fat. 1.6 g
- Cholesterol. 64 mg
- Sodium. 323 mg

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Boy Wonder is back

Third youngest. At 25, Rory McIlroy safely wins the British Open

Walking off the 18th green as the British Open champion, Rory McIlroy kept gazing at the names of all the greats on golf's oldest trophy.

On the claret jug, his name is etched in silver below that of Phil Mickelson.

In the record book, he is listed behind Jack Nicklaus and Tiger Woods as the youngest to win three legs of the career Grand Slam.

And over four days at Royal Liverpool, he had no equal.

"I'm immensely proud of myself," McIlroy said after his two-shot victory Sunday that was never really in doubt. "To sit here, 25 years of age, and win my third major championship and be three-quarters of the way to a career Grand Slam ... yeah, I never dreamed of being at this point in my career so quickly."

He had to work a little harder than he wanted for this one.

Staked to a six-shot lead going into the final round, McIlroy turned back every challenge. He made two key birdies around the turn, and delivered a majestic drive at just the right moment to close with a 1-under 71 and complete his wire-to-wire victory.

In another major lacking tension over the final hour, what brought The Open to life was the potential of its champion.

After nearly two years of turmoil, McIlroy looked like the kid who shattered scor-



Rory McIlroy of Northern Ireland holds the Claret Jug aloft after his two-stroke victory at the 143rd Open Championship at Royal Liverpool on Sunday in Hoylake, England. TOM PENNINGTON/GETTY IMAGES

AUGMENTED REALITY

→ Scan the image with your Metro News app for a gallery of Sunday's action in Liverpool.

→ See the full instructions on Metro's Voices page.



ing records to win the 2011 U.S. Open at Congressional, and who won the PGA Championship at Kiawah Island by a record eight shots a year later.

Boy Wonder is back. Or maybe he's just getting start-

ed again.

McIlroy won by two shots over Sergio Garcia and Rickie Fowler to become the first start-to-finish winner since Woods at St. Andrews in 2005. Even with one major left this year, the Northern Irishman already is looking ahead to Augusta National next April for a shot at the slam.

"I've really found my passion again for golf," McIlroy said. "Not that it ever dwindled, but it's what I think about when I get up in the morning. It's what I think about when I go to bed. I just want to be the best golfer that I can be. And I know if I can do that, then trophies

like this are within my capability."

McIlroy put an end to this major with a powerful drive down the fairway at the par-5 16th, setting up a two-putt birdie to restore his lead to three shots. He finished with two pars, tapping in for par on the 18th green.

The hard part was trying not to cry when his mother, Rosie, came onto the green with tears streaming down her face. She was not at the other two majors. Before leaving, McIlroy turned and applauded the fans in the horseshoe arena who were witness to another masterpiece.

THE ASSOCIATED PRESS

Baseball

Hernandez hurls 7-plus in Fish win

The Winnipeg Goldeyes were firing on all cylinders on Sunday afternoon.

The Goldeyes (39-23) took the rubber match in their series with the Kansas City T-Bones (30-32) by a score of 9-3 in front of 4,301 at CommunityAmerica Ballpark in Kansas City.

Winnipeg starter Nick Hernandez worked 7 2/3 innings to get the win with his only real blunder coming in the seventh when he gave up three runs on four hits. SCOTT UNGER/FOR METRO

Tour de France

Kristoff's second stage win, Nibali keeps the lead

Alexander Kristoff of Norway captured his second stage win of this year's Tour de France by leading home a pack that overtook two breakaway riders with only about 50 metres to go in a dramatic finish to Stage 15 on Sunday. Vincenzo Nibali of Italy kept the overall leader's yellow jersey.

THE ASSOCIATED PRESS

FINA World Cup

Quebec's Abel wins bronze

Jennifer Abel of Laval, Que., won the bronze medal Sunday on women's three-metre at the FINA World Cup diving competition.

Shi Tingmao led China to a 1-2 finish with 383.40 points, upsetting world champion He Zi in second at 369.65. THE CANADIAN PRESS

Cabrera helps Blue Jays find their footing



Blue Jays' pitcher Mark Buehrle stumbles on Sunday in Toronto.

MARTA IWANEK/TORSTAR NEWS SERVICE

It was about as ugly a win as you can get.

Toronto starter Mark Buehrle fell trying to throw a pitch, balking in a run. Closer Casey Janssen didn't finish the ninth. Even Rogers Centre couldn't make up its mind, opening and then closing the dome.

When the dust had settled, the Blue Jays had defeated the lowly Texas Rangers 9-6 Sunday, securing the series win over the worst club in the majors.

The teams combined for 27 hits. But it was hardly a precision batting display.

Texas left nine men on base while going 4-for-15 with run-

On Sunday

9

Blue Jays

6

Rangers

ners in scoring position. Toronto stranded eight and went 6-for-13 with runners in scoring position.

Melky Cabrera answered a Texas comeback with a leadoff homer in the seventh inning and singled home two more

runs in the eighth to lead the Jays.

Cabrera gave Toronto a 6-5 lead when he sent reliever Neftali Feliz's third pitch of the day deep to centre field. It was the left-fielder's 12th home run of the season, delighting the crowd of 36,011 on a 23-degree day.

One inning later, Munenori Kawasaki made it 7-5 with an RBI single after Toronto loaded the bases with one out on three singles. Then Cabrera slammed a single to right-centre to bring home Anthony Gose and Jose Reyes.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
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crossword and Sudoku answers.**
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Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Get tough with someone who has been giving you a hard time. People will respect you more if you demonstrate that you respect yourself.

♉ Taurus

April 21 - May 21

This is an important time for career matters. Being ambitious is not a sin and anyone who suggests that it might be is not to be trusted.

♊ Gemini

May 22 - June 21

You have enough work on your plate. The planets warn if you go beyond your limits, you will regret it later in the week when you don't have the energy for new opportunities.

♋ Cancer

June 22 - July 23

Someone is trying to make you feel guilty about something that wasn't your fault. You may be tempted to ignore it but if you don't counter their negative propaganda, your reputation could suffer.

♌ Leo

July 24 - Aug. 23

The more time you spend trying to work out what might go wrong over the next few days the less time you will have for making things go right.

♍ Virgo

Aug. 24 - Sept. 23

You may not be much in the mood for routine activities today but the planets insist that you make a serious effort to catch up on a backlog of jobs.

♎ Libra

Sept. 24 - Oct. 23

The planets warn that in some areas it might be wise to play safe and stick with what you know and trust. Creatively and romantically you have a lot to gain but also a lot to lose.

♏ Scorpio

Oct. 24 - Nov. 22

Don't hesitate to tell others what it you desire because someone might hand it to you. Stranger things have happened and will continue to happen over the next few weeks.

♐ Sagittarius

Nov. 23 - Dec. 21

You must be committed to what you are working on. If you are reluctant to get fully involved, others may decide they can do without you.

♑ Capricorn

Dec. 22 - Jan. 20

Don't run yourself into the ground doing things for others. Your energy supply is limited and must be saved for things that mean something to you.

♒ Aquarius

Jan. 21 - Feb. 19

Even the best of friends fall out occasionally. You will get the chance to kiss and make up later in the week and if you take it there will be no harm done.

♓ Pisces

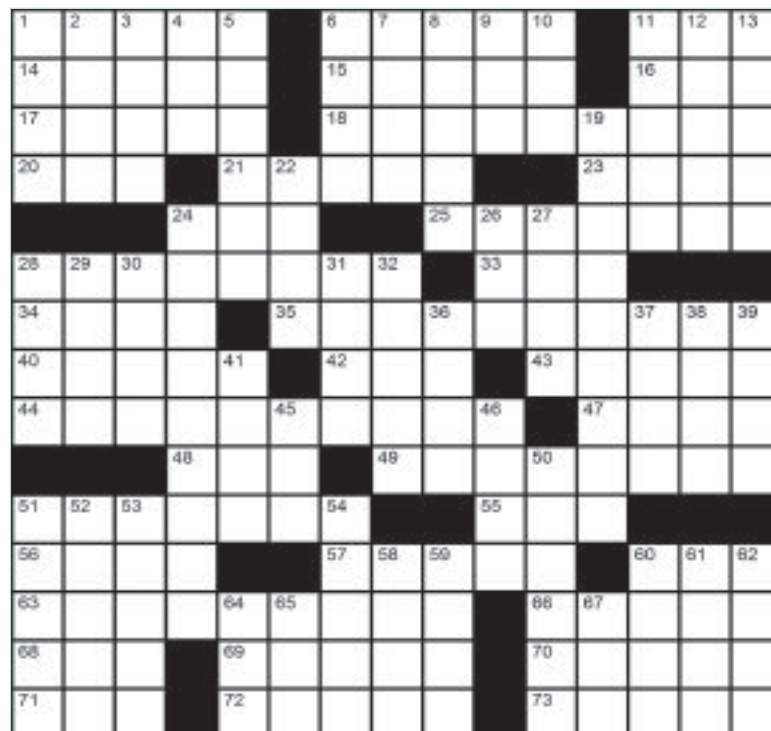
Feb. 20 - March 20

If someone you trust offers you advice today you would be wise to listen. That applies to all areas of your life but especially to property matters, investments and financial issues.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. What a Canadian saying 'about' sounds like to the American ear
6. WWII threat in the North Atlantic
11. 'Computer' suffix (Techie jargon)
14. Bamboo eater
15. Louisiana dish
16. Global positioning fig.
17. Proctor (Kitchen appliance company)
18. PEI's Peninsula; or, the 'G' of GMT
20. Cathedral city
21. Norwegian dramatist Henrik
23. Prefix to 'scope'
24. Toy-made dessert, —Cone
25. Some soft drinks
28. Canadian band, —Rush
33. Fail to keep
34. Lang. of Rome
35. Three words heard as the race is just about to begin...
40. Cat-like
42. Hockey's Bobby
43. "Buzz off!"
44. Canadian movie, "Atanarjuat: The —" (2001)
47. Mystique
48. Belonging to the intl. org. based in NYC
49. Those using brooms
51. Exceeds



55. Promos
56. Ancient's "Awe-some!"
57. Supermodel Ms. Campbell
60. Mafia
63. — of Tara (Musical instrument on The Arms of Canada)

66. Shoes shade
68. Calif. NBA team
69. Major artery
70. Band of eight
71. Method [abbr.]
72. Wales language
73. React to nausea

Down

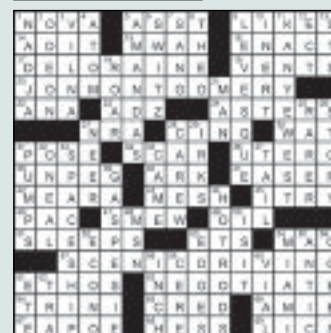
1. Church section

2. Jail money
3. Exclusively
4. Sort of tribute
5. Burdensome
6. Australian boots
7. Hockey great, Pavel —
8. Signs
9. Mr. Vigoda
10. Weight unit [var.

11. "The Untouchables" role, — Ness
12. "— bleu!" (Golly!)
13. Cultural standards
19. Major League Soccer team in Vancouver
22. Wild swine
24. English-French:

- 1945 Hugh MacLennan book, Two —
26. Use a crowbar
27. Singer, Diana —
28. Annoy
29. "I'll have —, please." (Dessert-time drink request)
30. Mr. Holbrook's
31. — lights
32. Knitter's supplies
36. Sketched
37. Genuine
38. Actress Teri
39. Grannies: German
41. 007 foe in '62 [2 wds.]
45. Function
46. Staples purchase
50. Magazine bigwig
51. Trompe l'— (Visual illusions)
52. Sunny emission, — —
53. Works
54. Watchdog's warning
58. Fine pursuits
59. Moonfish
60. Combo dog
61. International oil gr.
62. #Ms. Behrs of "2 Broke Girls"
64. "Hee —"
65. Flat-bladed tool
67. Hotshot

Friday's Crossword



Online

See today's answers at
metronews.ca/answers

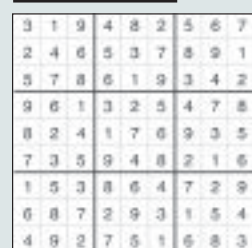


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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IF IT
REPLENISHES
YOUR
WILL
TO WIN



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**Enjoy it.
Recycle it.**

